

# iHCA

Clinical, Safety and Career News for Healthcare Associates

Summer 2016



One of the hottest topics in health care right now is the Zika Virus. It's been getting a lot of media attention all around the world.

According to the CDC, the Zika virus is transmitted by a type of mosquito called *Aedes* if it's infected. These mosquitoes are aggressive biters during the day and night. They breed in pools of water, even in something as small as a bottle cap.

It's not a new infection, but it's new in South and North America. This means people in our part of the world don't have immunity. That's why it's spreading so fast.

Zika virus can be transmitted from people that are already infected to a mosquito that bites them, during sex with an infected man, from a pregnant woman to her fetus and possibly through blood. There's a link between Zika virus infection acquired during pregnancy and microcephaly (or unusually small heads) in babies born to infected mothers.

There's no vaccine yet for Zika virus infection. The symptoms are mild and flu-like, such as fever, rash, muscle and joint pain, headache, pain behind the eyes and itchy, red eyes. Symptoms may last only a few days.

Preventing mosquito bites is very important. Some of the things you can do to prevent infection include wearing long-sleeved shirts and long pants, staying in places with air conditioning, using window and door screens to keep mosquitoes out and using insect repellents as directed. Also, using condoms can prevent sexual transmission of Zika virus.

The CDC has recently issued an alert that Zika virus is a concern for healthcare workers dealing with labor & delivery patients. Standard precautions should be used. [Read more about Zika virus from the CDC.](#)



Your safety is very important to us. We want you to be safe at work so that you can work for yourself and your loved ones while providing excellent patient care.

The National Institutes of Health (NIOSH) says that healthcare workers face many serious safety issues at work. The safety issues depend on the areas that you work, but can include things like exposure to diseases carried in blood, respiratory hazards, lifting injuries and workplace violence.

If you notice a hazard at your job site, say something, even if that means telling

a supervisor that a coworker is not following safety rules. Saying something may prevent injuries to everyone. There's also a form to report work hazards if you prefer. Let us know if you want a copy. If you do get hurt at work, let ATC know right away. We'll need your help in filling out paperwork so there are no delays in care. You can call ATC's nurse triage service, Medcor, 24 hours a day, 7 days a week, at 1-800-775-5866.

NIOSH has a new free course to help nurses and their managers understand the health and safety risks connected with shift work and long work hours. [Take the free course anytime at the NIOSH site.](#)



Working in health care is demanding. ATC understands it's hard to find time to study or get CEUs to get your license renewed. The ATC Academy is our online university where you decide when and what to study. There are courses for every specialty. With a selection of over 500 courses, there's something for everyone. The courses are accredited, just select the course you're interested in to see its state and national accreditations.

Ask your [ATC office](#) how you can qualify to get access to the ATC Academy.

*Have a fun summer!*

